



Help your child develop a lifetime of smiles.

- ◆ Teach them to brush and floss every day.
- ◆ Provide nutritious foods.
- ◆ Schedule regular visits to the dentist.

NEBRASKA HEALTH AND
HUMAN SERVICES SYSTEM



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NEBRASKA HEALTH AND
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Help your child develop a lifetime of smiles.

- ◆ Clean your baby's mouth and teeth every day.
- ◆ Water only in the baby bottle at bedtime.
- ◆ First dentist visit by age one.

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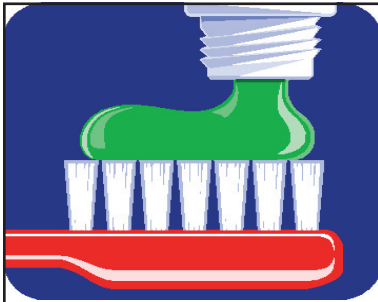
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Tips for Good Dental Health

- ◆ Brush and floss each day
- ◆ Eat nutritious foods
- ◆ Visit your dentist regularly

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